

FINE MOTOR DEVELOPMENT ACTIVITY SUGGESTIONS

- Roll out playdough with fingers or rolling pin (position fingers above and below the handles).
- Pull playdough apart and squeeze back into a ball.
- Screw nuts into matching bolts. Use various sizes. Begin with larger ones and move to smaller ones.
- Use water misters (squeeze trigger DO NOT push button) to mist plants or play in the tub.
- Use kitchen tongs to pick up and sort small objects (beans, Legos, toy cars). As child improves move to using tweezers.
- Play with Legos.
- Use a hole puncher to create confetti.
- Manipulate clothespins.
- Play with "pick up" sticks or straws.
- Use a Lite Brite and/or pegboard to create pictures, letters, patterns and numerals.
- Play board games that have small pieces that need to be grasped and moved. (Ex. Chinese Checkers)
- Practice cutting: straight lines, curved lines, and zigzag lines.
- Place coins or buttons in a "bank".
- Twist bottle tops on and off.
- Wring out rags.
- Tear strips/pieces of paper.
- Wind up musical toys.
- String beads (all sizes).
- Build puzzles.
- Use peel and stick letters.